



Commission Sportive Nationale de Danse sur Glace

Free Dances and Solo Interpretive Dances

Season 2018 / 2019

For the record :

Rhythm Dance is regulated by ISU Rules and ISU Communications.

Couples Senior, Junior, Advanced Novice, **Intermediate Novice** and Basic Novice Free Dances are regulated by ISU Rules and ISU Communications.

Adult **Rhythm** Dance, Adult Gold, Silver **and Bronze** Free Dances are regulated by ISU Rules, ISU Communications and the Announcement of the ISU Adult International Figure Skating Competition.

In this communication :

- 1. General Instructions for Free Dances (Non ISU) : Couples Non ISU and Solos until Basic Novice -page 2**
- 2. General Instructions for Interpretive Dances (Non ISU) : Solos from Advanced Novice until Senior -page 3**
- 3. Scales of values for Required Elements (Couples Non ISU Free Dances) -page 5**
- 4. Scales of values for Required Elements (Solos Free Dances and Solos Interpretive Dances) -page 5**
- 5. Level of Difficulty for Required Elements (Couples Non ISU Free Dances) -page 7**
- 6. Level of Difficulty for Required Elements (Solos) -page 12**
- 7. Guidelines for Grades of Execution of Required Elements (Couples Non ISU) -page 21**
- 8. Guidelines for Grades of Execution of Required Elements (Solos) -page 21**
- 9. Guidelines for marking Program Components (Couples Non ISU) -page 22**
- 10. Guidelines for marking Program Components (Solos) -page 22**
- 11. Deductions - page 26**

1. General Instructions for Free Dances (Non ISU) : Couples Non ISU and Solos until Basic Novice

Free Dances (non ISU) are regulated as follows

Categories of Ages : Refer to [Communication 250](#)

General instructions (Rule 1.4.1): ISU Rule 710 shall apply with the following additions or alterations.

A Choreography Deduction will apply when one of those not permitted elements will be detected :

- full stops are not allowed for Pre Novice (Pre Bronze/Benjamin) Solo Free Dance
- 2 full stops maximum of 5 seconds maximum each are allowed for Solo Basic Novice

Well Balanced Program (Rule 1.4.2, paragraph 6, 7, 13, 14 and 15): the following durations (+/- 10 seconds) must be observed and the following Required Elements must be included.

Couples Non ISU

6. Juvenile (Avenir) Couple Free Dance: 1 minute 30 seconds
 - 1 Synchronized Pose: at least one Type of Pose of one partner must be an Attitude,
 - 1 Not Touch Midline or Diagonal Step Sequence
 - 1 Spin (Combination Spin not permitted), but no more: one rotation minimum on one foot for both partners (may be started on two feet),
 - 1 Synchronized Twizzle
7. Pre Juvenile (Poussin) Couple Free Dance: 1 minute 30 seconds
 - 1 Synchronized Pose
 - 1 Synchronized Twizzle

Solos

13. Basic Novice (Minime/Bronze) Solo Free Dance: 1 minute 45 seconds
 - 1 Attitude,
 - 1 Diagonal Step Sequence including Turns,
 - 1 Simple Solo Spin (Combination Solo Spin not permitted), but no more: two rotations minimum on one foot,
 - Solo Series of Twizzles.
14. Pre Novice (Benjamin/Pre Bronze) Solo Free Dance: 1 minute 30 seconds
 - 1 Attitude,
 - 1 Circular Step Sequence on a small circle at the center of the rink, including Turns,
 - 1 Simple Solo Spin (Combination Solo Spin not permitted), but no more: two rotations minimum on one foot.
 - 1 Twizzle Solo
15. Pre Juvenile (Avenir/Preparatoire) Solo Free Dance: 1 minute
 - 1 Attitude,
 - 1 Circular Step Sequence on a small circle at the center of the rink, including Turns,
 - 1 Simple Solo Spin (Combination Solo Spin not permitted), but no more: one

rotation minimum on one foot.

Illegal Movements/Elements (Rule 1.4.3): ISU Rule 710, paragraph 3 shall apply with the following additions or alterations:

- Lifts in Pre Juvenile and Juvenile Couple Free Dances are illegal
- Jumps of more than one revolution are illegal
- Lying on the ice is illegal

Marking Free Dance (non ISU) (Rule 1.4.4): ISU Rule 711 shall apply with the following additions or alterations:

- Scale of Value of Required Elements (couples non ISU and solos)
- Level of Difficulty of Required Elements (couples non ISU and solos)
- guidelines for Grades of Execution of Required Elements (couples non ISU and solos)
- guidelines for marking Program Components (solos)

All additions and alterations are detailed in this communication.

2. General Instructions for Interpretive Dances (Non ISU) : Solos from Advanced Novice (Argent) until Senior

Solo Interpretive Dance are regulated as follows

Categories of Ages : Refer to [Communication 250](#)

General instructions (Rule 1.5.1): the Solo Interpretive Dance is an exhibition dance, a creative program with non prescribed dance Steps and moves which express the character of the music chosen by the Skater to transpose on the ice a concept, a story, a theme or an idea. It must not be choreographed like a Free Dance.

- a) Music: without restriction (including vocal music)
- b) Composition: free choice except Single Skating moves described in ISU Rules 610 (except spirals, spins and step sequences) which are not permitted. The them must be developed through skating skills rather than movements lying on the ice or other non skating actions or activities :
 - touching the ice with the hand(s) is permitted if not excessive,
 - kneeling on the ice is permitted if not excessive,
 - stops are permitted if not excessive,
 - lying on the ice at the beginning of the program is permitted
 - holding the barrier on the opposite side of the Officials is permitted if not excessive
 - the theme must be in accordance with the age of the skater.

A Choreography Deduction will apply when one of those not permitted elements will be detected.

Well Balanced Program (Rule 1.5.2): the following durations (+/- 10 seconds) must be observed and the following Required Elements must be included.

1. Advanced Novice (Cadet/Argent) Solo Interpretive Dance: 2 minutes
 - a) 1 Combination Pose including an Attitude,
 - b) 1 Circular Step Sequence including Turns,
 - c) 1 Simple Solo Spin (Combination Solo Spin not permitted), but no more: three rotations minimum on one foot,
 - d) 1 Solo Series of Twizzles.

2. Junior Solo Interpretive Dance: 2 minutes 30 seconds
 - a) 1 Combination Attitude,
 - b) 1 Circular or S Shaped Step Sequence including Turns,
 - c) 1 Combination Solo Spin, but no more: at least 3 rotations on one foot in one of two parts and at least one rotation on the second foot in the other part
 - d) 1 Solo Series of Twizzles.

3. Senior Solo Interpretive Dance: 2 minutes 30 seconds
 - a) 1 Attitude with Change of Edge,
 - b) 1 Circular or S Shaped Step Sequence including Turns,
 - c) 1 Combination Solo Spin, but no more: at least 3 rotations on one foot in one of two parts and at least one rotation on the second foot in the other part
 - d) 1 Solo Series of Twizzles.

4. Adult Solo Pre Bronze Interpretive Dance: 1 minute 30 seconds
 - a) 1 Pose,
 - b) 1 Midline Step Sequence including Turns on a small circle,
 - c) 1 Simple Solo Spin (Combination Solo Spin not permitted): two rotations minimum on one foot,.

5. Adult Solo Bronze Interpretive Dance: 1 minute 30 seconds
 - a) 1 Combination Pose,
 - b) 1 Midline Step Sequence including Turns,
 - c) 1 Simple Solo Spin (Combination Solo Spin not permitted): two rotations minimum on one foot,
 - d) 1 Twizzle Solo

6. Adult Solo Silver Interpretive Dance: 2 minutes
 - a) 1 Combination Pose including an Attitude,
 - b) 1 Circular Step Sequence including Turns,
 - c) 1 Simple Solo Spin with three rotations minimum (a second simple or combination spin is allowed)
 - d) 1 Solo Series of Twizzles.

7. Adult Solo Gold Interpretive Dance: 2 minutes 30 seconds
 - a) 1 Combination Pose including an Attitude,
 - b) 1 Circular or S Shaped Step Sequence including Turns,
 - c) 1 Combination Solo Spin: at least 3 rotations on one foot in one of two parts and at least one rotation on the second foot in the other part
 - d) 1 Solo Series of Twizzles.

Illegal Movements/Elements (Rule 1.5.3): the following elements and movements are not permitted unless otherwise stated in a Communication:

- Jumps of more than one revolution are illegal,
- lying on the ice during and at the end of the program is illegal,
- acrobatics and balancing on the hand(s) are illegal.

Marking Solo Interpretive Dance (Rule 1.5.4): Marking Free Dance (non ISU) shall apply.

3. Scales of values for Required Elements (Couples Non ISU Free Dances)

| Spin | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| Pir1 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |
| Pir2 | 2,25 | 1,80 | 1,35 | 0,90 | 0,45 | 3,0 | -0,45 | -0,90 | -1,35 | -1,80 | -2,25 |
| Pir3 | 2,63 | 2,10 | 1,58 | 1,05 | 0,53 | 3,5 | -0,53 | -1,05 | -1,58 | -2,10 | -2,63 |

| Synchronized Twizzles | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|-----------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| TwS1 | 1,50 | 1,20 | 0,90 | 0,60 | 0,30 | 2,0 | -0,30 | -0,60 | -0,90 | -1,20 | -1,50 |
| TwS2 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |
| TwS3 | 2,25 | 1,80 | 1,35 | 0,90 | 0,45 | 3,0 | -0,45 | -0,90 | -1,35 | -1,80 | -2,25 |

| No Touch Step Sequence | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|------------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| SqPMeSSTB | 2,25 | 1,80 | 1,35 | 0,90 | 0,45 | 3,0 | -0,45 | -0,90 | -1,35 | -1,80 | -2,25 |
| SqPMeSST1 | 2,63 | 2,10 | 1,58 | 1,05 | 0,53 | 3,5 | -0,53 | -1,05 | -1,58 | -2,10 | -2,63 |
| SqPMeSST2 | 3,00 | 2,40 | 1,80 | 1,20 | 0,60 | 4,0 | -0,60 | -1,20 | -1,80 | -2,40 | -3,00 |
| SqPDiSSTB | 2,25 | 1,80 | 1,35 | 0,90 | 0,45 | 3,0 | -0,45 | -0,90 | -1,35 | -1,80 | -2,25 |
| SqPDiSST1 | 2,63 | 2,10 | 1,58 | 1,05 | 0,53 | 3,5 | -0,53 | -1,05 | -1,58 | -2,10 | -2,63 |
| SqPDiSST2 | 3,00 | 2,40 | 1,80 | 1,20 | 0,60 | 4,0 | -0,60 | -1,20 | -1,80 | -2,40 | -3,00 |

| Synchronized Pose | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|-------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| PoSyn1 | 1,13 | 0,90 | 0,68 | 0,45 | 0,23 | 1,5 | -0,23 | -0,45 | -0,68 | -0,90 | -1,13 |
| PoSyn2 | 1,50 | 1,20 | 0,90 | 0,60 | 0,30 | 2,0 | -0,30 | -0,60 | -0,90 | -1,20 | -1,50 |
| PoSyn3 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |

4. Scales of values for Required Elements (Solos Free Dances and Interpretive Dances)

| Solo Spin | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|-----------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sPir1 | 0,98 | 0,78 | 0,59 | 0,39 | 0,20 | 1,3 | -0,20 | -0,39 | -0,59 | -0,78 | -0,98 |
| sPir2 | 1,28 | 1,02 | 0,77 | 0,51 | 0,26 | 1,7 | -0,26 | -0,51 | -0,77 | -1,02 | -1,28 |
| sPir3 | 1,58 | 1,26 | 0,95 | 0,63 | 0,32 | 2,1 | -0,32 | -0,63 | -0,95 | -1,26 | -1,58 |
| sPir4 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |

| Solo Combinatbn Spin | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|----------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sPirCo1 | 1,13 | 0,90 | 0,68 | 0,45 | 0,23 | 1,5 | -0,23 | -0,45 | -0,68 | -0,90 | -1,13 |
| sPirCo2 | 1,50 | 1,20 | 0,90 | 0,60 | 0,30 | 2,0 | -0,30 | -0,60 | -0,90 | -1,20 | -1,50 |
| sPirCo3 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |
| sPirCo4 | 2,25 | 1,80 | 1,35 | 0,90 | 0,45 | 3,0 | -0,45 | -0,90 | -1,35 | -1,80 | -2,25 |

| Solo Twizzle | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|--------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sTwS1 | 1,13 | 0,90 | 0,68 | 0,45 | 0,23 | 1,5 | -0,23 | -0,45 | -0,68 | -0,90 | -1,13 |
| sTwS2 | 1,50 | 1,20 | 0,90 | 0,60 | 0,30 | 2,0 | -0,30 | -0,60 | -0,90 | -1,20 | -1,50 |
| sTwS3 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |

| Solo Serie of Twizzles | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|-------------------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sSTwS1 | 1,13 | 0,90 | 0,68 | 0,45 | 0,23 | 1,5 | -0,23 | -0,45 | -0,68 | -0,90 | -1,13 |
| sSTwS2 | 1,50 | 1,20 | 0,90 | 0,60 | 0,30 | 2,0 | -0,30 | -0,60 | -0,90 | -1,20 | -1,50 |
| sSTwS3 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |
| sSTwS4 | 2,25 | 1,80 | 1,35 | 0,90 | 0,45 | 3,0 | -0,45 | -0,90 | -1,35 | -1,80 | -2,25 |

| Solo Step Sequence | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|---------------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sSqPCiB | 1,95 | 1,56 | 1,17 | 0,78 | 0,39 | 2,6 | -0,39 | -0,78 | -1,17 | -1,56 | -1,95 |
| sSqPCi1 | 2,70 | 2,16 | 1,62 | 1,08 | 0,54 | 3,6 | -0,54 | -1,08 | -1,62 | -2,16 | -2,70 |
| sSqPCi2 | 3,45 | 2,76 | 2,07 | 1,38 | 0,69 | 4,6 | -0,69 | -1,38 | -2,07 | -2,76 | -3,45 |
| sSqPCi3 | 4,20 | 3,36 | 2,52 | 1,68 | 0,84 | 5,6 | -0,84 | -1,68 | -2,52 | -3,36 | -4,20 |
| sSqPCi4 | 4,95 | 3,96 | 2,97 | 1,98 | 0,99 | 6,6 | -0,99 | -1,98 | -2,97 | -3,96 | -4,95 |

| | | | | | | | | | | | |
|---------|------|------|------|------|------|------------|-------|-------|-------|-------|-------|
| sSqPDiB | 1,95 | 1,56 | 1,17 | 0,78 | 0,39 | 2,6 | -0,39 | -0,78 | -1,17 | -1,56 | -1,95 |
| sSqPDi1 | 2,70 | 2,16 | 1,62 | 1,08 | 0,54 | 3,6 | -0,54 | -1,08 | -1,62 | -2,16 | -2,70 |
| sSqPDi2 | 3,45 | 2,76 | 2,07 | 1,38 | 0,69 | 4,6 | -0,69 | -1,38 | -2,07 | -2,76 | -3,45 |
| sSqPDi3 | 4,20 | 3,36 | 2,52 | 1,68 | 0,84 | 5,6 | -0,84 | -1,68 | -2,52 | -3,36 | -4,20 |
| sSqPDi4 | 4,95 | 3,96 | 2,97 | 1,98 | 0,99 | 6,6 | -0,99 | -1,98 | -2,97 | -3,96 | -4,95 |

| | | | | | | | | | | | |
|---------|------|------|------|------|------|------------|-------|-------|-------|-------|-------|
| sSqPMeB | 1,95 | 1,56 | 1,17 | 0,78 | 0,39 | 2,6 | -0,39 | -0,78 | -1,17 | -1,56 | -1,95 |
| sSqPMe1 | 2,70 | 2,16 | 1,62 | 1,08 | 0,54 | 3,6 | -0,54 | -1,08 | -1,62 | -2,16 | -2,70 |
| sSqPMe2 | 3,45 | 2,76 | 2,07 | 1,38 | 0,69 | 4,6 | -0,69 | -1,38 | -2,07 | -2,76 | -3,45 |
| sSqPMe3 | 4,20 | 3,36 | 2,52 | 1,68 | 0,84 | 5,6 | -0,84 | -1,68 | -2,52 | -3,36 | -4,20 |
| sSqPMe4 | 4,95 | 3,96 | 2,97 | 1,98 | 0,99 | 6,6 | -0,99 | -1,98 | -2,97 | -3,96 | -4,95 |

| | | | | | | | | | | | |
|---------|------|------|------|------|------|------------|-------|-------|-------|-------|-------|
| sSqPSeB | 1,95 | 1,56 | 1,17 | 0,78 | 0,39 | 2,6 | -0,39 | -0,78 | -1,17 | -1,56 | -1,95 |
| sSqPSe1 | 2,70 | 2,16 | 1,62 | 1,08 | 0,54 | 3,6 | -0,54 | -1,08 | -1,62 | -2,16 | -2,70 |
| sSqPSe2 | 3,45 | 2,76 | 2,07 | 1,38 | 0,69 | 4,6 | -0,69 | -1,38 | -2,07 | -2,76 | -3,45 |
| sSqPSe3 | 4,20 | 3,36 | 2,52 | 1,68 | 0,84 | 5,6 | -0,84 | -1,68 | -2,52 | -3,36 | -4,20 |
| sSqPSe4 | 4,95 | 3,96 | 2,97 | 1,98 | 0,99 | 6,6 | -0,99 | -1,98 | -2,97 | -3,96 | -4,95 |

| Circular Step Seq (small diameter) | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|---|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sSqPpCiB | 1,50 | 1,20 | 0,90 | 0,60 | 0,30 | 2,0 | -0,30 | -0,60 | -0,90 | -1,20 | -1,50 |
| sSqPpCi1 | 2,25 | 1,80 | 1,35 | 0,90 | 0,45 | 3,0 | -0,45 | -0,90 | -1,35 | -1,80 | -2,25 |
| sSqPpCi2 | 3,00 | 2,40 | 1,80 | 1,20 | 0,60 | 4,0 | -0,60 | -1,20 | -1,80 | -2,40 | -3,00 |

| Pose Solo | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sPo1 | 0,98 | 0,78 | 0,59 | 0,39 | 0,20 | 1,3 | -0,20 | -0,39 | -0,59 | -0,78 | -0,98 |
| sPo2 | 1,20 | 0,96 | 0,72 | 0,48 | 0,24 | 1,6 | -0,24 | -0,48 | -0,72 | -0,96 | -1,20 |
| sPo3 | 1,35 | 1,08 | 0,81 | 0,54 | 0,27 | 1,8 | -0,27 | -0,54 | -0,81 | -1,08 | -1,35 |

| Attude Solo | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|--------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sAt1 | 0,98 | 0,78 | 0,59 | 0,39 | 0,20 | 1,3 | -0,20 | -0,39 | -0,59 | -0,78 | -0,98 |
| sAt2 | 1,20 | 0,96 | 0,72 | 0,48 | 0,24 | 1,6 | -0,24 | -0,48 | -0,72 | -0,96 | -1,20 |
| sAt8 | 1,35 | 1,08 | 0,81 | 0,54 | 0,27 | 1,8 | -0,27 | -0,54 | -0,81 | -1,08 | -1,35 |

| Combinatbn Pose Solo | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|-----------------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sPoCo1 | 1,50 | 1,20 | 0,90 | 0,60 | 0,30 | 2,0 | -0,30 | -0,60 | -0,90 | -1,20 | -1,50 |
| sPoCo2 | 1,73 | 1,38 | 1,04 | 0,69 | 0,35 | 2,3 | -0,35 | -0,69 | -1,04 | -1,38 | -1,73 |
| sPoCo3 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |

| Combinatbn Attude Solo | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|-------------------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sACo1 | 1,50 | 1,20 | 0,90 | 0,60 | 0,30 | 2,0 | -0,30 | -0,60 | -0,90 | -1,20 | -1,50 |
| sACo2 | 1,73 | 1,38 | 1,04 | 0,69 | 0,35 | 2,3 | -0,35 | -0,69 | -1,04 | -1,38 | -1,73 |
| sACo3 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |

| Attude with change of edge | GOE + 5 | GOE + 4 | GOE + 3 | GOE + 2 | GOE + 1 | Base Value | GOE - 1 | GOE - 2 | GOE - 3 | GOE - 4 | GOE - 5 |
|-----------------------------------|---------|---------|---------|---------|---------|------------|---------|---------|---------|---------|---------|
| sACC1 | 1,50 | 1,20 | 0,90 | 0,60 | 0,30 | 2,0 | -0,30 | -0,60 | -0,90 | -1,20 | -1,50 |
| sACC2 | 1,73 | 1,38 | 1,04 | 0,69 | 0,35 | 2,3 | -0,35 | -0,69 | -1,04 | -1,38 | -1,73 |
| sACC3 | 1,88 | 1,50 | 1,13 | 0,75 | 0,38 | 2,5 | -0,38 | -0,75 | -1,13 | -1,50 | -1,88 |

5. Level of Difficulty for Required Elements (Couples Non ISU Free Dances)

SPIN

Basic Positions in Dance Spins: ISU [Communication 2188](#)

Examples of Difficult Variation of Basic Positions: ISU [Communication 2188](#)

Definition and requirements – A Spin of one rotation minimum on one foot for each partner (may be started on two feet)

Calling specifications for Spins:

Basic requirement for calling a Spin Level 1 – at least **one** rotation for both partners (Judges shall not mark higher than -2 if only one rotation has been performed).

1. A Spin will be identified but given No Level when the couple commences the entry edge without performing one full rotation.
2. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after the Spin has commenced and the Spin continues on one foot by each partner after touchdown without interruption, its Level will not be higher than 1.
3. If a Combination Spin is performed instead of the required Spin, the element is called Combination Spin No Level and a deduction of -1,0 for element not according to the Well Balanced Program is applied.

| Level 1 | Level 2 | Level 3 |
|---|---|--|
| <p>A Spin that does not meet Level 2 requirements but meets the definition, requirements and calling specifications for a Spin.</p> | <p>At least 3 full continuous rotations on one foot for both partners (may be started on 2 feet)</p> <p>And 1 Difficult Variation of any Basic Position for one partner (for 1 rotation in a fully established position)</p> | <p>Spin started on one foot by both</p> <p>And 1 Difficult Variation of any Basic Position for each partner (for 3 rotations in a fully established position)</p> |

STEP SEQUENCES

General Requirements: Steps and turns should be equitably distributed throughout the sequence and must be skated on distinct edges and on the musical phrase.

Calling Specifications for Step Sequences:

Basic requirement for a Basic Level in a sequence of steps is that at least 50% of the sequence is performed by both skaters with Turns.

1. All steps and turns should be run on distinct and recognizable edges, otherwise the risk it incurs the Technical Panel does not count these turns among those required for the Level (types of turns are identified only if executed on the correct and distinct edges).
2. All steps must be included to obtain a level of difficulty and the footwork must cover more than 75% (3/4) of the sequence. Otherwise the Difficulty level will be reduced by one level (if the technical content of the Step Sequence meets the requirements of a level 4, but it only covers 50-75% of the sequence, we will assign level 3, if the technical content of the Step Sequence meets the requirements of a level 3, but it only covers 50-75% of the sequence, we will assign a level 2...)
3. Step Sequence in which difficulty level is higher for a partner and lower for the other will be given the difficulty level of the weaker partner.
4. If an illegal element is included in a step sequences (jump of more than 1 rotation, lying on the ice), the Technical Panel will call the "illegal element" and all Step Sequence will be considered Basic Level (when the call for a Basic Level requirements are met).
5. If the direction of a Circular Step Sequence is specified and the couple performs the Step Sequence in the other direction, the Circular Step Sequence is not called and no deduction applies.

Judges are responsible for:

1. If a Step Sequence does not reflect the rhythm of the music, the GOE given by the judges to be negative.
2. If a Step Sequence is not skated with speed (movement through the ice) the GOE given by the judges to be negative. Couples must skate the slow movements on the slow music but have to do with speed.
3. Hand in Hand Hold with full arms extension is not permitted in Required Step Sequences (in Hold); Judges will penalize the GOE.
4. If an illegal element (jumps of more than half turn, stops or retrogression) is included in a Step Sequence, judges should apply a deduction for illegal element.

| Basic Level | Level 1 | Level 2 |
|---|---|--|
| <p>A Step Sequence that does not meet Level 1 requirements but meets the definition, requirements and calling specifications.</p> | <p>Footwork must include for each partner at least 1 difficult Turn from the 6 following types of turns (Twizzle, Bracket, Rocker, Counter, Choctaw, Outside Mohawk)</p> <p>And Must include at least 1 of the following Dance Holds: Kilian (or Kilian Variation), Waltz (or Tango) and Foxtrot (for Step Sequence in Hold only)</p> <p>And The content mentioned above must be distributed over at least 50% of the chosen pattern.</p> | <p>Footwork must include for each partner at least 1 Twizzle and 1 other difficult Turn from the 5 following types of turns (Bracket, Rocker, Counter, Choctaw, Outside Mohawk)</p> <p>And Must include at least 2 of the following Dance Holds: Kilian (or Kilian Variation), Waltz (or Tango) and Foxtrot (for Step Sequence in Hold only)</p> <p>And The content mentioned above must be distributed over at least 75% of the chosen pattern.</p> |

TYPES OF POSES

Examples of Difficult Types of Poses: Attitude, Ina Bauer, Spread Eagle.

The following Types of Poses are not difficult: Crouch, Lunge, Shoot the Duck.

If an Attitude is required, it is identified if the free leg is elevated higher than the level of the hip for at least one second.

SYNCHRONIZED POSE

Definition and requirements: must be in accordance with Rule 1.1.7, paragraph 13 f). (Refer to Technical definitions in the English Section of CSNDG website)

Calling specifications: a Synchronized Pose is identified but No Level is given if the duration for one of the partners or both partners is less than the required duration according to the definition (3 seconds minimum), or if the required Type of Pose is not included (Juvenile : Attitude for one partner).

If a Synchronized Combination Pose is performed instead of the required Synchronized Pose, the element is called Synchronized Pose, its Level is the Level of the first part of the Combination Synchronized Pose and no deduction applies.

| Level 1 | Level 2 | Level 3 |
|---|--|--|
| <p>A Synchronized Pose that does not meet Level 2 or 3 requirements but meets the definition, requirements and calling specifications.</p> <p>Pre Juvenile: a Synchronized Pose that includes at least one Attitude maintained above a horizontal line for at least one second but does not meet Level 2 or 3 requirements.</p> | <p>Both partners maintain a Pose for at least 3 seconds and perform it on edges.</p> <p>Pre Juvenile: at least one the partners performs an Attitude maintained above a horizontal line for at least 1 second.</p> | <p>Both partners maintain a different difficult Type of Pose for at least 3 seconds and perform it on edges.</p> <p>Pre Juvenile: at least one of the partners performs an Attitude maintained above a horizontal line for at least 3 seconds.</p> |

Only the first synchronized pose will be considered by Technical Panel.

SYNCHRONIZED ATTITUDE

Definition and requirements: Attitude performed together and simultaneously by both partners. The types of attitude may be the same or different for each partner.

Calling specifications:

1. For level 1, the attitude must be held three seconds with the free leg above the horizontal line at least one second for each partner.
2. The first Synchronised Attitude performed will be identified and given a level if the requirements for the level 1 are met. The Following attitudes will be not identified.
3. If a fall or an interruption occurs at the entrance to or during the Element and is immediately followed by another attitude, the level will be determined according to the requirements fulfilled before the fall or the interruption. The second attitude will not be considered as an extra element.

| Level 1 | Level 2 | Level 3 |
|--|---|---|
| <p>Attitude performed together and simultaneously by both partners held three seconds with the free leg above the horizontal line at least one second for each partner.</p> | <p>Attitude performed together and simultaneously by both partners held three seconds with the free leg above the horizontal line at least three seconds for each partner.</p> | <p>Attitude in edge performed together and simultaneously by both partners held three seconds with the free leg above the horizontal line at least three seconds for each partner.</p> |

SYNCHRONIZED TWIZZLES

Definition and Requirements :

A traveling turn on one foot with one or more rotations performed quickly with a continuous action. (Refer to the definition of Twizzles).

Calling specifications:

The basic requirement for Level 1 is that both partners perform at least one full rotation for Twizzle. The Synchronized Twizzle will be « no Level » if both skaters skate less than a full rotation each.

1. If a partner touches the ice with the leg / free foot and / or (the) hand (s) during the execution of the first rotation of Synchronized Twizzle, Level 1 can not be assigned by the Technical panel.
2. If a partner skates a three turns, stops rotation and starts a Twizzle, the entry edge and the number of rotations of the Twizzle will be counted after the three turn from the neat entry edge of the Twizzle.
3. If a full stop landing before Twizzle, Level 1 may be given by the Technical Panel.
4. If the first rotation becomes a spin, the Synchronized Twizzle may not get the level 1.
5. The level of difficulty will be reduced if any part of Twizzle becomes Spin or Double Three Turns. If one or more rotations of Twizzle becomes Spin or Double Three Turns, the Twizzle will be reduced by one level.
6. For Twizzles Level 3: the additional feature will be held as long as the number of rotations required to achieve this level, but is allowed to turn ½ until the feature is fully established. If mandatory rotations to obtain a level are executed but that (the) feature (s) is (are) not maintained (s) for the number of rotations required, the Difficulty level will be reduced by one per turn in which the feature was not maintained.

| Level 1 | Level 2 | Level 3 |
|--|--|--|
| Twizzles who meet the Basic Requirements and Calling instructions for Synchronized Twizzle | At least 2 rotations for both partners | At least 2 rotations for both partners and 1 additional feature for both partners |

- Additional Feature (Refer to ISU Communications) :

Group A > upper body and hands

Group B > skating leg and free leg

Group C > both partners correctly perform a second Twizzle (at least 1 rotation on a different entry edge of the first Twizzle after three little steps maximum)

> entry edge of the first twizzle with a Dance Jump

SET OF TWIZZLES

Definition and Requirements :

At least two Twizzles performed on one foot by each partner with one or more rotations travelling on the ice. (Refer to the definition of Twizzles).

Calling specifications:

The basic requirement for Level 1 is that both partners perform at least one full rotation during each Twizzle.

Additional Principles of calling:

1. The first performed Set of Twizzles will be considered as the required Set of Twizzles and is given a level or no level if the requirements for level 1 are not met. The following Sets of Twizzles will be not identified.
2. If a fall or an interruption occurs at the entrance or during the Set of Twizzles, and is immediately followed by other twizzles, only the requirements met before the fall or the interruption will be counted for the level or No level will be given if the requirements for Level 1 are not met. The additional part will be not identified.

Notes :

1. Only additionnal chosen feature performed simultaneously by both partners will be counted for the level.
2. The additional feature will be held as long as the number of rotations required to achieve this level, but is allowed to turn $\frac{1}{2}$ until the feature is fully established.

Levels of Difficulty

1. If the skater performs a three turns, stops rotation and starts a Twizzle, the entry edge and the number of rotations of the Twizzle will be counted after the three turn from the neat entry edge of the Twizzle.
2. If a full stop landing before the first Twizzle, by one or both partner(s), the Level will be reduced by one.
3. If a full stop landing before the second Twizzle, by one or both partner(s), the Level will be reduced by one.
4. The level of difficulty will be reduced if any part of Twizzle becomes Spin or Double Three Turns. If one or two Twizzles becomes Spin or Double Three Turns, the Twizzle will be reduced by one level. If three or four Twizzles becomes Spin or Double Three Turns, the Twizzle will be reduced by two levels.
5. If more than 3 steps is performed by one partner between the Two Twizzles , the level of Twizzles will be reduced by one.
6. If more than 3 steps is performed by both partners between the Two Twizzles , the level of Twizzles will be reduced by two.

| Level 1 (for each partner) | Level 2 (for each partner) | Level 3 (for each partner) |
|---|--|--|
| At least one rotation in each of the two Twizzles | At least one rotation in each of the two Twizzles with Different entry edge and different direction of rotation for the two Twizzles | At least 2 rotations in each of the two Twizzles with Different entry edge and different direction of rotation for the two Twizzles and 1 additional feature (group A ou B) |

• Additional Feature (Refer to ISU Communications) :

- Group A > upper body and hands
- Group B > skating leg and free leg

6. Level of Difficulty for Required Elements (Solos)

SIMPLE SOLO SPIN

Basic Positions in Solo Spins: refer to ISU [Communication 2188](#)

Examples of Difficult Variation of Basic Positions: refer to ISU [Communication 2188](#) + Simple Camel (for Man or Lady) with the free leg higher than horizontal line.

Definition for a Simple Solo Spin – one rotation minimum on one foot

Calling specifications for Simple Solo Spins:

Basic requirement for calling a Simple Solo Spin Level 1 – at least **one** rotation in Pre Juvenile, **two** rotations in Pre Novice, Basic Novice and Adult Bronze, **three** rotations in Advanced Novice and Adult Silver, on one foot.

1. A Spin will be identified but given No Level when the skater commences the entry edge without performing one full rotation.
2. If the spinning movement has been started and the skater is still on two feet for more than ½ rotation, the Level of Difficulty will be reduced by one level.
3. If a fall occurs at the entrance to or during the Spin and is immediately followed by another spin or spinning movement (for the purpose of filling time), this additional part will receive No Value and will not occupy another spot.
4. If the Spin has commenced and immediately is stopped by fall, stumble or any other reason for interruption it will be called Spin No Level and the element will block a box for Spin.
5. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after the Spin has commenced and the Spin continues on one foot after touchdown without interruption, its Level will be determined according to the requirements fulfilled and reduced by one level per touchdown. But if the skater remains on 2 feet to reestablish the Spin for more than ½ rotation and requirements at least for Level 1 are fulfilled, it will be called Level 1.
6. If a Combination Solo Spin is performed instead of the required Simple Solo Spin, the element is called Combination Solo Spin No Level and a deduction of -1,0 for element not according to the Well Balanced Program is applied.

| Level 1 | Level 2 | Level 3 | Level 4 |
|--|---|---|--|
| <p>A Simple Solo Spin that does not meet Level 2,3 or 4 requirements but meets the definition, requirements and calling specifications for a Simple Solo Spin.</p> | <p>Spinning movement started on one foot</p> <p>And 1 difficult variation from any Basic Position (for at least 3 rotations in a fully established position)</p> | <p>Spinning movement started on one foot</p> <p>And</p> <p>Option 1 At least 2 different difficult variations from 2 different Basic Positions (each difficult variation for at least 2 rotations in a fully established position)</p> <p>or, Option 2 1 difficult variation from any Basic Position (for at least 3 rotations in a fully established position) And 1 Entry or Exit Feature</p> | <p>Spinning movement started on one foot</p> <p>And</p> <p>At least 2 different difficult variations from 2 different Basic Positions (each difficult variation for at least 3 rotations in a fully established position)</p> <p>And 1 Entry or Exit Feature</p> |

Entry/Exit Feature:

- a) Unexpected entry/exit without any evident preparation;
- b) **Continuous combination** of intricate steps OR a continuous combination of intricate movements, OR a continuous combination of both intricate step(s) and intricate movement(s) immediately before or after the Dance Spin

COMBINATION SOLO SPIN

Definition and requirements – A Spin performed as above after which a change of foot to the other foot is made and further rotations occur. A change of foot means change to the other foot. The change of foot must not exceed ½ rotation on two feet.

Basic Positions & Examples of Difficult Variations of Basic Positions: refer to ISU [Communication 2188](#)

Calling Specifications for Combination Solo Spins:

Basic requirement for calling a Combination Solo Spin Level 1 – at least 3 rotations on one foot in one of two parts and at least one rotation on the second foot in the other part

1. The first performed Spin or Combination Spin will be identified as the required Spin and given a level or No Level if the requirements for the level 1 are not met. Each following Spin or Combination Spin will be called as an Extra Element with no value.

2. When a Combination Spin is required, if the skater performs 3 rotations or more in one of the two parts and :

- does't change of foot or performs less than one rotation in the other part, the technical panel calls 'Simple Spin' with no value (no deduction for the additionnal element will applies)

- performs at least one rotation in the other part : the technical panel calls the Combination Spin and a level is given according to the fulfilled requirements

3. If the spinning movement has been started and the skater is still on two feet for more than ½ rotation, the Level of Difficulty will be reduced by one level.

4. If there is more than ½ rotation on 2 feet during the change of foot, the Level of Difficulty will be reduced by one level.

5. If a loss of control with additional support (touch down by free leg/foot and/or hand(s)) occurs after the Combination Solo Spin has commenced and the spin continues on one foot after touchdown without interruption, its Level will be determined according to the requirements fulfilled and reduced by one level per touchdown. But if the skater remains on 2 feet to reestablish the Spin for more than ½ rotation and requirements at least for Level 1 are fulfilled, it will be called Level 1.

| Level 1 | Level 2 | Level 3 | Level 4 |
|---|--|---|--|
| <p>At least 3 rotations on one foot in one of the two parts</p> <p>And</p> <p>At least 1 rotation on the second foot in the other part</p> | <p>Spinning movement started on one foot</p> <p>And</p> <p>1 difficult variation from any Basic Position (for at least 3 rotations in a fully established position) on one of the parts of the Combination Solo Spin.</p> | <p>Spinning movement started on one foot</p> <p>And</p> <p>1 difficult variation from any Basic Position (for at least 3 rotations in a fully established position) on the first part of the Combination Solo Spin</p> <p>And</p> <p>1 difficult variation from a different Basic Position (for at least 3 rotations in a fully established position) on the second part of the Combination Solo Spin</p> | <p>Spinning movement started on one foot</p> <p>And</p> <p>1 difficult variation from any Basic Position (for at least 3 rotations in a fully established position) on the first part of the Combination Solo Spin</p> <p>And</p> <p>1 difficult variation from a different Basic Position (for at least 3 rotations in a fully established position) on the second part of the Combination Solo Spin</p> <p>And</p> <p>1 Entry or Exit Feature</p> |

Entry/Exit Feature:

a) Unexpected entry/exit without any evident preparation;

b) **Continuous combination** of intricate steps OR a continuous combination of intricate movements, OR a continuous combination of both intricate step(s) and intricate movement(s) immediately before or after the Dance Spin

TWIZZLE SOLO

Definition and Requirements :

A traveling turn on one foot with one or more rotations performed quickly with a continuous action. (Refer to the definition of Twizzles).

Calling specifications:

The basic requirement for Level 1 is that the skater performs at least one full rotation for Twizzle. The Synchronized Twizzle will be « no Level » if both skaters skate less than a full rotation each. The level of difficulty will be reduced if any part of Twizzle becomes Spin or Double Three Turns. If one or more rotations of Twizzle becomes Spin or Double Three Turns, the Twizzle will be reduced by one level.

1. If the skater touches the ice with the leg / free foot and / or (the) hand (s) during the execution of the Twizzle, the level will be based on the number of rotations executed cleanly before touch down.
2. If the skater performs a three turns, stops rotation and starts a Twizzle, the entry edge and the number of rotations of the Twizzle will be counted after the three turn from the neat entry edge of the Twizzle.
3. For Twizzles Level 3: the additional feature will be held as long as the number of rotations required to achieve this level, but is allowed to turn $\frac{1}{2}$ until the feature is fully established. If mandatory rotations to obtain a level are executed but that (the) feature (s) is (are) not maintained (s) for the number of rotations required, the Difficulty level will be reduced by one per turn in which the feature was not maintained.
4. If any part of Twizzle becomes Spin or Double Three Turns, the Twizzle will be reduced by one level.

| Level 1 | Level 2 | Level 3 |
|--|---------------------------------------|---|
| Twizzles who meet the Basic Requirements and Calling instructions for Twizzle Solo | At least 2 rotations for Twizzle Solo | At least 2 rotations for Twizzle Solo and * 1 additional feature |

- Additional Feature (Refer to ISU Communications) :

Group A > upper body and hands

Group B > skating leg and free leg

Group C > skater correctly performs a second Twizzle (at least 1 rotation on a different entry edge of the first Twizzle after three little steps maximum)

> entry edge of the first twizzle with a Dance Jump

SOLO SET OF TWIZZLES

Definition and requirements: refer to **Twizzle Solo**

- 1 A series of Twizzles is composed by 2 Twizzles run on a foot traveling on the ice. (If movement stops they turn into spin (s)). Only the first two of a series Twizzles Twizzles will be considered by the Technical Panel to determine its level of difficulty.
2. No stopping is allowed between the first and / or second Twizzle.
3. Free Dance - Series "Synchronized Twizzles " - no more than 3 steps between the two Twizzles are allowed.
- 4 A "step between Twizzles" means spending on the other foot, to perform an "intermediate / transition" or a turn on one foot to perform the second Twizzle on the same foot.

Calling specifications for Twizzles Solos

Basic requirement for level 1 for a series Twizzles Solos is the skater performs at least one full turn in both Twizzles. the Technical Panel will base the level on the following criteria. The level will be affected if any part of Twizzle becomes a spin. If one or more rotations become a spin, the Twizzles will be reduced by one level.

1. If the skater touches the ice with the leg / free foot and / or (the) hand (s) during the execution of the Twizzle, the level will be based on the number of rotations executed cleanly before touch down.
2. If the skater performs a three turns, stops rotation and starts a Twizzle, the entry edge and the number of rotations of the Twizzle will be counted after the three turn from the neat entry edge of the Twizzle.
3. If a full stop is performed before or between Twizzles, the level of Twizzles will be reduced by one per stop.
4. If more than 3 steps performed by the skater, the level of Twizzles will be reduced by one.
5. For Option 2 only: If there are more than 2 movements / turns between Twizzles performed by a skater, the level will be reduced by one.
6. For Twizzles Levels 2, 3 and 4 Option 1: the additional feature will be held as long as the number of rotations required to achieve this level, but is allowed to turn $\frac{1}{2}$ until the feature is fully established. If mandatory rotations to obtain a level are executed but that (the) feature (s) is (are) not maintained (s) for the number of rotations required, the Difficulty level will be reduced by one per turn in which the feature was not maintained.
7. Twizzles For Level 4 option 1 : if two additional features are performed during the same twizzle (in the first or second), they must be performed concurrently.
8. For Twizzles Levels 2, 3 and 4 only Option 2: If a skater hits the ice with leg / foot free during a movement / turn or adds a boost with the free leg, Twizzle will be considered as an option 1 that requires to have one (of) feature (s) additional (s) option 1, to obtain the same level.
9. If any part of Twizzle becomes Spin or Double Three, its level will be reduced by one level.

| Level 1 | Level 2 | Level 3 | Level 4 |
|---|--|--|---|
| At least one rotation in each of the two Twizzles | <p>Different entry edge and different direction of rotation for the two Twizzles</p> <p>And</p> <p>OPTION 1</p> <p>At least 2 rotations in each of the two Twizzles with change of foot or one (several) steps between Twizzles</p> <p>And At least 2 different Additional Features</p> <p>OPTION 2</p> <p>At least 2 rotations in each of the two Twizzles without change of foot</p> <p>And At least 1 Additional Feature</p> | <p>Different entry edge and different direction of rotation for the two Twizzles</p> <p>And</p> <p>OPTION 1</p> <p>At least 3 rotations in each of the two Twizzles with change of foot or one (several) steps between Twizzles</p> <p>And At least 2 different Additional Features from 2 different Groups</p> <p>OPTION 2</p> <p>At least 3 rotations in each of the two Twizzles without change of foot</p> <p>And At least 2 Additional Features</p> | <p>Different entry edge and different direction of rotation for the two Twizzles</p> <p>And</p> <p>OPTION 1</p> <p>At least 4 rotations in each of the two Twizzles with change of foot or one (several) steps between Twizzles</p> <p>And At least 3 different Additional Features from 3 different Groups</p> <p>OPTION 2</p> <p>At least 4 rotations in each of the two Twizzles without change of foot</p> <p>And At least 2 Additional Features from 2 different Groups</p> |

• Additional Feature (Refer to ISU Communications) :

Group A > upper body and hands

Group B > skating leg and free leg

Group C > skater correctly performs a second Twizzle (at least 2 rotations in Basic Novice, 3 rotations in Advanced Novice / Junior / Senior, on a different entry edge of the first Twizzle after three little steps maximum)

> entry edge of the first twizzle with a Dance Jump **or a Dance Jump performed between the two Twizzles**

SOLO STEP SEQUENCES

General Requirements: Steps and turns should be equitably distributed throughout the sequence and must be skated on distinct edges and on the musical phrase.

Calling Specifications for Step Sequences:

Basic requirement for a Basic Level in a sequence of steps is that at least 50% of the sequence is performed by the skater with 50% of Turns.

1. All steps and turns should be run on distinct and recognizable edges, otherwise the risk it incurs the Technical Panel does not count these turns among those required for the Level (types of turns are identified only if executed on the correct and distinct edges). However, a difficult tried turn, acknowledged but not validated, will count in calculating the percentage of the total route as a simple turn.

2. All steps must be included to obtain a level of difficulty and the footwork must cover more than 75% (3/4) of the sequence. Otherwise the Difficulty level will be reduced by one level (if the technical content of the Step Sequence meets the requirements of a level 4, but it only covers 50-75% of the sequence, we will assign level 3, if the technical content of the Step Sequence meets the requirements of a level 3, but it only covers 50-75% of the sequence, we will assign a level 2...)

3. If an illegal element is included in a step sequences (jump of more than 1 rotation, lying on the ice), the Technical Panel will call the "illegal element" and all Step Sequence will be considered basic Level (when the call for Basic Level requirements are met).

5. If the direction of a Circular Step Sequence is specified and the couple performs the Step Sequence in the other direction, the Circular Step Sequence is not called and no deduction applies.

Judges are responsible for:

1. If a Step Sequence does not reflect the rhythm of the music, the GOE given by the judges to be negative.

2. If a Step Sequence is not skated with speed (movement through the ice) the GOE given by the judges to be negative. Couples must skate the slow movements on the slow music but have to do with speed.

4. If an illegal element (jumps of more than half turn, stops or retrogression) is included in a Step Sequence, judges should apply a deduction for illegal element.

| Basic Level | Level 1 | Level 2 | Level 3 (Basic Novice Solo Free Dance and Solo Interpretive Dance only) | Level 4 (Solo Interpretive Dance only) |
|--|---|---|--|--|
| A Step Sequence that does not meet Level 1, 2, 3 or 4 requirements but meets the definition, requirements and calling specifications | Footwork must include at least 2 different difficult validated types from the following 6 types of turns : Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle And The content mentioned above must be distributed over at least 50% of the chosen pattern. | Footwork must include at least 3 different difficult validated types from the following 6 types of turns : Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Twizzle And The content mentioned above must be distributed over at least 75% of the chosen pattern. And 1 Difficult Turn is validated and performed in a one foot section including at least 2 Turns | Footwork must include at least 4 different difficult validated types from the following 6 types of turn : : Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Double Twizzle And The content mentioned above must be distributed over at least 75% of the chosen pattern. And 1 Difficult Turn is validated and performed in a one foot section including at least 2 difficult Turns And 1body movement multidirectional And Turns multidirectional | Footwork must include at least 5 different difficult validated types from the following 6 types of turn : : Bracket, Rocker, Counter, Choctaw, Outside Mohawk, Double Twizzle And The content mentioned above must be distributed over at least 75% of the chosen pattern. And 2 Difficult Turn are validated and performed in a one foot section including at least 3 difficult Turns And 1body movement And Turns multidirectional |

Body movement definition : significant and visible use of arms and / or head and / or upper body which has the obvious result of the change center of gravity of the skater. The Body Movement visible therefore alters the center of gravity of the body and affect the balance of the blade.

TYPES OF POSES

Examples of Difficult Types of Poses: Attitude, Ina Bauer, Spread Eagle.

The following Types of Poses are not difficult: Crouch, Lunge, Shoot the Duck.

If an Attitude is required, it is identified if the free leg is elevated higher than the level of the hip for at least one second.

POSE (for Adult Only)

Definition and requirements: must be in accordance with Rule 1.1.7, paragraph 13 d). (refer to technical definition in the english section of CSNDG website)

Calling specifications: a Pose is identified but No Level is given if the duration is less than the required duration according to the definition (3 seconds minimum)

If a Combination Pose is performed instead of the required Pose, the element is called Pose, its Level is the Level of the first part of the Combination Pose and no deduction applies.

| Level 1 | Level 2 | Level 3 |
|--|--|--|
| A Pose that does not meet Level 2 or 3 requirements but meets the definition, requirements and calling specifications. | Skater maintains a Pose for at least 3 seconds and performs it on edges. | Skater maintains a difficult Type of Pose for at least 3 seconds and performs it on edges. |

COMBINATION POSE

Definition and requirements: must be in accordance with Rule 1.1.7, paragraph 13 e). (refer to technical definition in the english section of CSNDG website)

Calling specifications: a Combination Pose is identified but No Level is given if the duration is less than the required duration according to the definition (3 seconds minimum for each part), or if the required Type of Pose is not included (Novice and Adult Silver: Attitude).

If there is more than one connecting step between the two Types of Poses, the Level of Difficulty is reduced by one level. If a Pose is performed instead of the required Combination Pose, the element is not called and no deduction applies.

| Level 1 | Level 2 | Level 3 |
|--|--|--|
| <p>A Combination Pose that does not meet Level 2 or 3 requirements but meets the definition, requirements and calling specifications.</p> <p>Novice and Adult Silver: a Combination Pose that includes an Attitude maintained above a horizontal line for at least one second but does not meet Level 2 or 3 requirements.</p> | <p>Both Types of Poses are maintained for at least 3 seconds and performed on edges.</p> <p>Novice and Adult Silver: at least one of these Types of Poses is an Attitude maintained above a horizontal line for at least one second.</p> | <p>Both Types of Poses are difficult, different and maintained for at least 3 seconds, and the whole Combination Pose is performed on edges.</p> <p>Novice and Adult Silver: at least one of these Types of Poses is an Attitude maintained above a horizontal line for at least three second.</p> |

ATTITUDE

Definition and requirements: must be in accordance with Rule 1.1.7, paragraph 13 d). (refer to technical definition in the english section of CSNDG website)

Calling specifications:

To be properly identified, the attitude must be held three seconds with the free leg above the horizontal for at least one second. An Attitude is identified but no level assigned to it if it lasts less than the required duration (3 seconds).

| Level 1 | Level 2 | Level 3 |
|--|---|---|
| Attitude that does not meet Level 2 requirements but meets the definition requirements and calling specifications. | Attitude is performed with free leg maintained at least 3 seconds above a horizontal line | Attitude is performed with free leg maintained at least 3 seconds above a horizontal line and performed on edges. |

COMBINATION ATTITUDE

Definition and requirements: must be in accordance with Rule 1.1.7, paragraph 13 e). (refer to technical definition in the english section of CSNDG website)

Calling specifications:

A Combination Attitude is identified when the first Attitude is maintained for at least three seconds, with the free leg above a horizontal line for at least one second, and the second Attitude is different from the first one and is maintained for at least three seconds, with the free leg above a horizontal line for at least one second.

A Combination Attitude is identified but No Level is given if the duration is less than the required duration according to the definition (3 seconds minimum for each part), or if the Attitude cannot be identified in the first or in the second part. No Combination Attitude is called if no Attitude could be identified in the first part **AND** in the second part of the element. If there is more than one connecting step between the two Types of Attitudes, the Level of Difficulty is reduced by one level.

| Level 1 | Level 2 | Level 3 |
|---|---|---|
| A Combination Attitude that does not meet Level 2 requirements but meets the definition, requirements and calling specifications. | Both Types of Attitudes are different and performed on edges, the first is maintained for at least 3 seconds above a horizontal line, the second is maintained for at least 1 second above a horizontal line. | Both Types of Attitudes are different, maintained for at least 3 seconds above a horizontal line, and performed on edges. |

ATTITUDE WITH CHANGE OF EDGE

Definition and requirements: must be in accordance with Rule 1.1.7, paragraph 13 d). (refer to technical definition in the english section of CSNDG website)

Calling specifications:

An Attitude with Change of Edge is identified when the Attitude is maintained for at least three seconds with the free leg above a horizontal line for at least one second before the change of edge, and in the same conditions after the change of edge.

An Attitude with Change of Edge is identified but No Level is given if the duration is less than the required duration according to the definition (3 seconds minimum for each part), or if the Attitude cannot be identified before of after the change of edge. No Attitude with Change of Edge is called if no Attitude could be identified in the first part **AND** in the second part of the element. No Attitude with Change of Edge is identified if the change of edge could not be identified.

| Level 1 | Level 2 | Level 3 |
|--|--|---|
| An Attitude with Change of Edge that does not meet Level 2 requirements but meets the definition, requirements and calling specifications. | The Attitude is maintained for at least 3 seconds above a horizontal line in one of the two parts and for at least 1 second above a horizontal line in the other part, and the free leg is kept above a horizontal line during the change of edge. | The Attitude is maintained for at least 3 seconds above a horizontal line in the first part and in the second part, and the free leg is kept above a horizontal line during the change of edge. |

7. Guidelines for Grades of Execution of Required Elements (Couples Non ISU)

Guidelines for marking GOE of Required Elements in Free Dance for couples non ISU are the same as couples ISU.

8. Guidelines for Grades of Execution of Required Elements (Solos)

Guidelines for marking GOE of Required Elements in Free Dance for Solos are the same as couples ISU except following rules :

- *negative features / errors* :

replace “7. Execution not simultaneous and/or lack of unison (STw, CoSp chg of foot, Step Sequence, Choreographic Elements)” by “7. Incorrect or Inesthetic Body lines and/or incorrect pelvis placement”

read “11. Poses or moves awkward or not aesthetically pleasing (~~per partner~~)”

delete “13. Spacing: - more than two arms length apart - partners touch each other in Not Touching Element - long separation before or after Required Elements in RD - variable spacing in between partners (STw and Step Sequence)”

delete “14. Ending Choreographic Sliding Movement in a Stop on two knees, sitting or lying on the ice (per partner)”

- *positive features* :

delete “7. Unison or Oneness throughout the element”

replace “12. Variety of Holds (Step Sequences, Dance Spins)” by “12. Stability of Positions (Spins, Attitudes)”

replace “13. Exit of the first two Twizzles with smooth running edge by both partners” by “13. Exit of one or two Twizzles with smooth running edge”

Replace “14. Exit of one of the first two Twizzles with smooth running edge performed by both partners at the same time” by “Elegant upper body line and / or correct pelvic placement”

delete “15. Consistent and close spacing between partners (STw , Non-Touching Step Sequence)”

- *Set criteria : no higher than (Falls / Stumbles / Loss of balance)* :

-1 : Stumble

-2 : Fall at end of Element or brief fall (up/down) within element

-3 : Fall at start of Element

-4 : Fall within Element or many errors

-5 : Fall within Element with major errors or many serious errors

9. Guidelines for marking Program Components (Couples Non ISU)

Guidelines for marking Program Components for couples non ISU are the same as couples ISU

10. Guidelines for marking Program Components (Solos)

| RANGE OF MARKS | CHARACTERISTICS OF SKATING SKILLS | CHARACTERISTICS OF TRANSITIONS/LINKING FOOTWORK/MOVEMENTS | CHARACTERISTICS OF PERFORMANCE | CHARACTERISTICS OF CHOREOGRAPHY | CHARACTERISTICS OF INTERPRETATION/TIMING |
|--|---|---|--|--|--|
| 10.0 – 9.25 OUTSTANDING | <ul style="list-style-type: none"> ▪ deep, quiet, sure, seemingly effortless edges ▪ deep/fluid knee action ▪ elegant and precise Pass/turns ▪ seamless use of all directions ▪ effortless acceleration ▪ extensive skill range | <ul style="list-style-type: none"> ▪ difficult, intriguing, varied network of edges, Pass, turns, holds ▪ one move flows seamlessly into the next ▪ creative pattern and lobes | <ul style="list-style-type: none"> ▪ elegant /sophisticated style ▪ refined line of body and limbs ▪ precise execution of body movements ▪ projection exceptional (to audience or in themselves if music requires) | <ul style="list-style-type: none"> ▪ wide range of Pass, moves, and required elements superbly motivated by music ▪ ingenious use of music, space, symmetry ▪ memorable highlights distributed evenly ▪ change of pace/tempo incorporated seamlessly ▪ total utilization of personal and public space | <ul style="list-style-type: none"> ▪ skater/music/nuances as one motivation from “heart” ▪ wide range of inspired movements, gestures ▪ skater stays “in character” for the whole program ▪ exceptional ability to relate as one and to reflect music, theme ▪ superb expression of the music’s style and character ▪ timing: 100% correct ▪ expression of Rhythms : 100% correct |
| 9,0 – 8.25 VERY GOOD | <ul style="list-style-type: none"> ▪ strong, sure, fluid edges ▪ supple knee action ▪ stylish, precise, interesting and neat Pass/turns ▪ ease in accelerating even during difficult Pass ▪ always multidirectional ▪ broad skill range | <ul style="list-style-type: none"> ▪ difficult, varied, sequences of edges/Pass/turns/holds throughout ▪ one move flows easily into the next ▪ superior ice coverage | <ul style="list-style-type: none"> ▪ very good carriage ▪ effortless change of difficult holds ▪ project strongly | <ul style="list-style-type: none"> ▪ superior choreography, clearly understandable ▪ variety of innovative moves that develop theme ▪ change of pace/tempo incorporated with ease ▪ excellent use of music/space/symmetry | <ul style="list-style-type: none"> ▪ skaters and music meld ▪ internal motivation ▪ very good range of interesting movements/gestures ▪ excellent ability to relate as one to reflect music/theme ▪ excellent expression of the music’s style and character ▪ timing: 100% correct |

| RANGE OF MARKS | CHARACTERISTICS OF SKATING SKILLS | CHARACTERISTICS OF TRANSITIONS/LINKING FOOTWORK/MOVEMENTS | CHARACTERISTICS OF PERFORMANCE | CHARACTERISTICS OF CHOREOGRAPHY | CHARACTERISTICS OF INTERPRETATION/TIMING |
|---|--|---|--|--|--|
| 8.0 – 7.25 GOOD | <ul style="list-style-type: none"> ▪ strong, sure, confident edges ▪ strong, flexible knee action ▪ polished & clean Pass/turns ▪ good use of multi directions ▪ ability to accelerate easily ▪ wide skill range 75% of time | <ul style="list-style-type: none"> ▪ variety and complexity of pattern/Pass/turns/holds for both ▪ fluid and intentional movements from one move to another | <ul style="list-style-type: none"> ▪ good carriage / lines ▪ projects most of time | <ul style="list-style-type: none"> ▪ interesting moves derived from theme ▪ good use of music/space/symmetry ▪ good use of music content ▪ directed to all sides of the rink | <ul style="list-style-type: none"> ▪ skating/music integrated ▪ good internal motivation ▪ “in character” for over 75% of program ▪ good expression of the music’s style and character ▪ timing: 100% correct |
| 7.0 – 6.25 ABOVE AVERAGE | <ul style="list-style-type: none"> ▪ reasonable, sure edges ▪ above average knee action ▪ above average variety of Pass/turns, all directions with ease 75% of the time ▪ gain and maintain speed and flow easily ▪ above average skill range | <ul style="list-style-type: none"> ▪ difficulty and variety of edges/Pass/turns for both for 75 % of time ▪ minimal use of cross cuts or running ▪ some breaks in continuity | <ul style="list-style-type: none"> ▪ above average line of body and limbs and good carriage ▪ is able to project 75% of time | <ul style="list-style-type: none"> ▪ known and some interesting creative moves that use rhythm(s) effectively ▪ above average variation of speed according to music ▪ above average distribution of highlights ▪ use of creative set-ups for required elements ▪ above average use of ice pattern | <ul style="list-style-type: none"> ▪ skating fits music well ▪ movements in character 75% of time ▪ is able to play with music ▪ above average expression of the music’s style and character ▪ timing: 90% correct |
| 6.0 – 5.25 AVERAGE | <ul style="list-style-type: none"> ▪ moderately sure edges ▪ some variety of knee action/Pass/turns ▪ even speed and flow throughout ▪ average skill range | <ul style="list-style-type: none"> ▪ series of variable edges/Pass/turns and poses/holds ▪ limited use of cross cuts or running | <ul style="list-style-type: none"> ▪ average carriage with some breaks ▪ consistent, pleasing line of body and limbs ▪ projection skills variable | <ul style="list-style-type: none"> ▪ variable moves often related to theme and music ▪ program highlights generally well distributed but focused occasionally to one side ▪ interesting composition ▪ average use of change of pace ▪ average use of ice pattern ▪ variation of speed according to music | <ul style="list-style-type: none"> ▪ slight difference in motivation of moves ▪ average use of accents/nuances ▪ average expression of rhythms or theme ▪ average emotional connection to music ▪ timing: 80% correct |

| RANGE OF MARKS | CHARACTERISTICS OF SKATING SKILLS | CHARACTERISTICS OF TRANSITIONS/LINKING FOOTWORK/MOVEMENTS | CHARACTERISTICS OF PERFORMANCE | CHARACTERISTICS OF CHOREOGRAPHY | CHARACTERISTICS OF INTERPRETATION/TIMING |
|--------------------------------------|--|--|---|--|---|
| 5.0 – 4.25 FAIR | <ul style="list-style-type: none"> ▪ shallow edges with variable edge quality and knee action ▪ fair range of Pass/turns, multidirectional 50% of time ▪ skill level similar abilities ▪ consistent speed and flow 50% of time | <ul style="list-style-type: none"> ▪ an equal proportion of simplicity and difficulty ▪ some sections with simple workload | <ul style="list-style-type: none"> ▪ carriage /lines variable, mostly pleasing posture ▪ reasonable line of body and limbs ▪ projects only 50% of time | <ul style="list-style-type: none"> ▪ program corresponds well with music ▪ elements generally well distributed but sometimes too much emphasis to one side of the rink | <ul style="list-style-type: none"> ▪ skating fits music with minor exceptions ▪ some motivated moves ▪ moderate use of accents and nuances ▪ correct expression of the music's style and character ▪ timing: 70% correct |
| 4.0 – 3.25 WEAK | <ul style="list-style-type: none"> ▪ some flat edges ▪ limited knee action, stiff at times ▪ few Pass/turns ▪ is able to skate in all directions on simple turns and for some difficult turns; ▪ variable skills | <ul style="list-style-type: none"> ▪ some basic edges/Pass ▪ some simple turns/poses/holds | <ul style="list-style-type: none"> ▪ variable line of body and limbs/carriage /extensions ▪ holds relatively stable ▪ projects 50% of time | <ul style="list-style-type: none"> ▪ some isolated groups of moves that fit music/theme ▪ music is background for difficult elements ▪ often program directed to judges side ▪ reasonable placement of elements on surface | <ul style="list-style-type: none"> ▪ some motivated moves, but often seem meaningless ▪ appropriate use of music but expression is fair and they weave in and out of character ▪ timing: 70% correct |
| 3.0 – 2.25 POOR | <ul style="list-style-type: none"> ▪ short and poor Pass/flat edges ▪ little power, toe pushing or wide Pasing more than 75% of time ▪ few Pass/turns, able to skate in both directions on simple turns only ▪ variable skills | <ul style="list-style-type: none"> ▪ many parts have basic edges/Pass with excess of cross ▪ simple turns/poses/holds | <ul style="list-style-type: none"> ▪ poor line of body and limbs/carriage/extensions ▪ limited projection skills, both cautious | <ul style="list-style-type: none"> ▪ some moves do not appear to fit music/theme, minimal relation program to music ▪ lack of change of pace ▪ program directed to judges side | <ul style="list-style-type: none"> ▪ poor use of accents and nuances ▪ unmotivated movement ▪ timing: 50% correct |

| RANGE OF MARKS | CHARACTERISTICS OF SKATING SKILLS | CHARACTERISTICS OF TRANSITIONS/LINKING FOOTWORK/MOVEMENTS | CHARACTERISTICS OF PERFORMANCE | CHARACTERISTICS OF CHOREOGRAPHY | CHARACTERISTICS OF INTERPRETATION/TIMING |
|---|--|--|--|---|---|
| <p>2.0 – 1.25</p> <p>VERY POOR</p> | <ul style="list-style-type: none"> ▪ short and very poor Pass/edges ▪ slow, little flow, toe pushing ▪ few Pass/turns, mainly in one direction ▪ minimal variation in speed ▪ very poor basic skills | <ul style="list-style-type: none"> ▪ predominance of stroking/simple turns/poses | <ul style="list-style-type: none"> ▪ very poor line of body and limbs/carriage/extensions ▪ very limited projection skills | <ul style="list-style-type: none"> ▪ many moves do not appear to fit music ▪ little relation program to music ▪ mainly program directed to judges side ▪ placement of moves lacks coherence ▪ monotonous | <ul style="list-style-type: none"> ▪ inappropriate dynamics ▪ moves seem unrelated to rhythm/character ▪ timing: 25% correct |
| <p>1.0 – 0.00</p> <p>EXTREMELY POOR</p> | <ul style="list-style-type: none"> ▪ extremely poor Pass and shaky edges ▪ mostly on two feet ▪ uncontrolled movements ▪ struggle with Pass/turns: always in one direction ▪ extremely poor basic skills ▪ cannot gain speed | <ul style="list-style-type: none"> ▪ basic stroking and extremely poor posing throughout ▪ few sustained edges, and pattern consists of straight lines | <ul style="list-style-type: none"> ▪ unstable holds ▪ extremely poor line of body and limbs/carriage/extensions ▪ projection skills lacking | <ul style="list-style-type: none"> ▪ most moves do not appear to fit music ▪ total program directed to judges side ▪ placement of moves appears random ▪ some areas of ice untouched and often use of straight lines or barrier skating | <ul style="list-style-type: none"> ▪ lacks dynamics ▪ isolated and apparently random gestures not related to music character/nuances/accents ▪ timing: less than 25% correct |

11. Deductions Couples Non ISU

| | Description | Penalty | Who is responsible |
|-----------|--|---|---|
| 1 | Program time violation – every 5 sec. lacking or in excess | -1.0 | Referee |
| 2 | Costume / prop violations E.g : skirt for the girls and the bust covered unless 50 % | -1.0 | Judges (including JA) with the majority – No Deduction if 50 50 |
| 3 | Part of the costume / decoration fall on the ice | -1.0 | Referee |
| 4 | Interruption in performing the program in excess of 10 seconds - more than 10 sec. and up to 20 sec. - more than 20 sec. and up to 30 sec. - more than 30 sec. and up to 40 sec. - more than 40 sec. | -0.5 -1.0 -1,5 Withdrawn | Referee |
| 5 | Fall A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any part of the arm. | - 0.5 (per partner and per fall) | Technical Panel |
| 6 | 3 minutes allowed by referee after an interruption in the program to resume from the point of interruption | -2.5 | Referee If one partner does not report to the Referee within 40 seconds after the interruption started, or if the Couple does not resume the program within the additional 3 minutes allowance, the Couple is withdrawn. |
| 7 | Music requirements | -2.0 | Judges (including JA) with the majority – No Deduction if 50 50 |
| 8 | Illegal Elements / Movements - Illegal Lift Movement/Pose in the Lift - Forbidden Lifts - Jump (or throw jump) of more than one (1) revolution or jump of one (1) revolution skated at the same time by both partners; - Lying on the ice Note : Kneeling on two knees is not allowed and it will be considered by the Technical Panel as a Fall | -2.0 | Technical Panel If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called No Level. |
| 9 | Extra Element – Element not according to the “Well-Balanced Free Dance Program” E.g : one extra spin | -1.0 Element receives no value | Technical Panel |
| 10 | Choreography restrictions | - 1.0 | Judges (including JA) with the majority |
| 11 | Order of Elements on the « Program paper » is not the same as the performed program | - 0.5 | Technical Controller |
| 12 | Late start (more than 30 seconds to take the departure pose) | - 1.0 | Referee |

Solos

| | Description | Penalty | Who is responsible | | |
|--|--|--|---|-------------|---|
| 1 | Program time violation – every 5 sec. lacking or in excess | -1.0 | Referee | | |
| 2 | Interruption in performing the program in excess of 10 seconds - more than 10 sec. and up to 20 sec. - more than 20 sec. and up to 30 sec. - more than 30 sec. and up to 40 sec. - more than 40 sec. | -0.5 -1.0 -1,5 Withdrawn | Referee | | |
| 3 | Costume / prop violations : Free Dance until Basic Novice Solo and all Compulsory Dance (Rule 1103 CSNDG) E.g : skirt for the girls and the bust covered in 50 % | -1.0 | Judges (including JA) with the majority – No Deduction if 50 50 | | |
| 4 | Part of the costume / decoration fall on the ice | -1.0 | Referee | | |
| 5 | Music requirements (Rule 1401 CSNDG) | -2.0 | Judges (including JA) with the majority – No Deduction if 50 50 | | |
| 6 | <table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Illegal Elements / Movements : Free Dance until Basic Novice Solo - Jump of more than one (1) revolution - Lying on the ice Note : Kneeling on two knees is not allowed and it will be considered by the Technical Panel as a Fall </td> <td style="width: 50%; vertical-align: top;"> Illegal Elements / Movements : Interpretive Dances Solo from Advanced Novice Solo to Senior - acrobatics and balancing on the hand(s) - Jump of more than one (1) revolution - Lying on the ice </td> </tr> </table> | Illegal Elements / Movements : Free Dance until Basic Novice Solo - Jump of more than one (1) revolution - Lying on the ice Note : Kneeling on two knees is not allowed and it will be considered by the Technical Panel as a Fall | Illegal Elements / Movements : Interpretive Dances Solo from Advanced Novice Solo to Senior - acrobatics and balancing on the hand(s) - Jump of more than one (1) revolution - Lying on the ice | -2.0 | Technical Panel If there is an illegal movement during the execution of any element, the deduction for an illegal movement will apply and the element will receive Level 1 if the requirements for at least Level 1 are fulfilled. Otherwise the element will be called No Level. |
| Illegal Elements / Movements : Free Dance until Basic Novice Solo - Jump of more than one (1) revolution - Lying on the ice Note : Kneeling on two knees is not allowed and it will be considered by the Technical Panel as a Fall | Illegal Elements / Movements : Interpretive Dances Solo from Advanced Novice Solo to Senior - acrobatics and balancing on the hand(s) - Jump of more than one (1) revolution - Lying on the ice | | | | |
| 7 | Extra Element – Element not according to the “Well-Balanced Free Dance Program” - Extra spin (or combination spin) - Combination spin performed when a simple spin is required (Free Dance Solo until Basic Novice and Interpretive Dance Novice Solo) | -1.0 Element receives no value | Technical Panel | | |
| 8 | Fall (in Free or Interpretive Dance, in Compulsory/Pattern Dance) : - per fall In Compulsory/Pattern Dance : for each fall out of a Section, a deduction is applied by Technical Panel and Judges. Out of a section : only by Technical Panel. If more than ¾ of a Section is not performed, the Technical Panel calls a « No value » Section. A Fall is defined as loss of control by a skater with the result that the majority of his/her own body weight is on the ice supported by any other part of the body other than the blades e.g. hand(s), knee(s), buttock(s), or any part of the arm. | - 0.5 (-1.0 for Junior and Senior category) | Technical Panel | | |

| | | | |
|-----------|---|--------------|--|
| 9 | 3 minutes allowed by referee after an interruption in the program (Solo Junior/Senior) | -5.0 | Referee |
| 10 | 3 minutes allowed by referee after an interruption in the program (All other categories) | -2.5 | Referee |
| 11 | Order of Elements in the « Program paper » is not the same as the performed program | -0.5 | Technical Controller |
| 12 | Late start (more than 30 seconds to take the departure pose) | - 1.0 | Referee |
| 13 | Choreography restrictions | - 1.0 | Judges (including JA) with the majority |